

handle bars may be rigidly secured to the foot supporting members rather than rotatably mounted on the frame. Also, the orientation of the path traveled by the force receiving members may be adjusted in other ways, as well. For example, an upper stanchion member may move relative to a lower stanchion member and be secured in place by a detent pin arrangement or a lead screw assembly.

In conclusion, the present invention has been described with reference to particular embodiments and applications, but those skilled in the art will recognize additional embodiments, modifications, and/or applications which fall within the scope of the present invention. Also, design considerations may lead to a variety of conventional modifications, such as the addition of inertia altering devices, including, for example, a motor, a "stepped up" flywheel, or an adjustable brake of some sort, and/or the restructuring of parts and/or assemblies, including, for example, rotatably interconnecting components so that an end of a first component is nested between opposing prongs on the end of a second component. Therefore, the scope of the present invention is to be limited only to the extent of the claims which follow.

What is claimed is:

1. An exercise apparatus, comprising:
a frame sized and configured to rest upon a horizontal floor surface;
left and right cranks rotatably mounted on the frame and rotatable about a common crank axis;
left and right rollers rotatable relative to the frame and selectively movable in a plane extending perpendicular to the crank axis; and
left and right foot supports having first portions rotatably connected to respective cranks, and second portions disposed on top of respective rollers, and third portions sized and configured to support respective feet of a person, wherein said foot supports are movable in both rotational and translational fashion relative to said respective rollers.
2. The exercise apparatus of claim 1, wherein the rollers are rotatably mounted on respective rocker links which are pivotally mounted on the frame.
3. The exercise apparatus of claim 2, wherein upper ends of the rocker links are sized and configured for grasping.
4. An exercise apparatus, comprising:
a frame sized and configured to rest upon a horizontal floor surface;
left and right cranks rotatably mounted on the frame and rotatable about a common crank axis;
left and right rollers rotatable relative to the frame and selectively movable in a plane extending perpendicular to the crank axis, wherein the rollers are movable at a user's discretion during rotation of the cranks; and
left and right foot supports having first portions rotatably connected to respective cranks, and second portions supported by respective rollers, and third portions sized and configured to support respective feet of a person.
5. The exercise apparatus of claim 4, wherein the rollers are rotatably mounted on respective rocker links which are pivotally mounted on the frame.
6. The exercise apparatus of claim 5, wherein upper ends of the rocker links are sized and configured for grasping.
7. An exercise apparatus, comprising:
a frame sized and configured to rest upon a horizontal floor surface;
left and right cranks rotatably mounted on the frame and rotatable about a common crank axis;

left and right foot supports having first portions rotatably connected to respective cranks, and second portions supported by respective rollers, and third portions sized and configured to support respective feet of a person.

9. The exercise apparatus of claim 8, wherein upper ends of the rocker links are sized and configured for grasping.

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10. An exercise apparatus, comprising:
a frame designed to rest upon a floor surface;
left and right cranks rotatably mounted on the frame and
rotatable about a crank axis;
left and right rocker links pivotally mounted on the
frame and pivotal about a pivot axis;
left and right rollers rotatably mounted on respective
rocker links; and
left and right foot supporting members having respective
first portions rotatably connected to respective cranks and
respective second portions disposed on top of respective rollers.
11. The exercise apparatus of claim 10, wherein the rocker
links have respective upper ends that are sized and configured for
grasping by a person standing on the foot supporting members.
12. The exercise apparatus of claim 11, wherein the rollers
pivot through respective arcuate paths disposed beneath the pivot
axis.
13. The exercise apparatus of claim 12, wherein the rocker
links are independently movable relative to the frame and one
another.
14. The exercise apparatus of claim 10, wherein the rollers
pivot through respective arcuate paths disposed beneath the pivot
axis.
15. The exercise apparatus of claim 10, wherein the cranks
are rotatably mounted on a rearward end of the frame, and the
rocker links are pivotally mounted on a forward end of the frame,
and left and right foot supports are provided on intermediate

portions of respective foot supporting members, between respective first portions and respective second portions.

16. A method of facilitating exercise, comprising the steps of:

providing a frame designed to rest upon a floor surface;
rotatably mounting left and right cranks on the frame;
pivotally mounting left and right rocker links on the frame;

rotatably mounting left and right rollers on respective rocker links; and

providing left and right foot supporting members with respective first portions rotatably connected to respective cranks and respective second portions disposed on top of respective rollers.

17. The method of claim 16, further comprising the step of providing the rocker links with respective upper ends that are sized and configured for grasping by a person standing on the foot supporting members.

18. The method of claim 17, wherein the rollers are rotatably mounted on respective rocker links to pivot through respective arcuate paths disposed beneath the pivot axis.

19. The method of claim 16, wherein the cranks are rotatably mounted on a rearward end of the frame, and the rocker links are pivotally mounted on a forward end of the frame, and further comprising the step of providing left and right foot supports on intermediate portions of respective foot supporting members, between respective first portions and respective second portions.

20. An exercise apparatus, comprising:
a frame designed to rest upon a floor surface;
left and right cranks rotatably mounted on the frame and
rotatable about a crank axis;
left and right rocker links pivotally mounted on the
frame and pivotal about a pivot axis;
left and right rollers rotatably mounted on the frame;
and
left and right foot supporting members having respective
first portions rotatably connected to respective cranks, and
respective second portions disposed on top of respective rollers,
and respective third portions movably connected to respective
rocker links.

21. The exercise apparatus of claim 20, wherein the rocker
links have upper ends that are sized and configured for grasping by
a person standing on the foot supporting members.

22. The exercise apparatus of claim 20, wherein the rollers
are selectively movable relative to the frame.

23. The exercise apparatus of claim 20, wherein left and
right pins project outward from respective third portions and into
slots in respective rocker links.